



2005 ARMED FORCES MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIP

1. **COMPETITION RULES:** Current IAAF Rules, as amended by the Armed Forces Sports Committee (AFSC), if applicable. The Armed Forces Championship is conducted in conjunction with the USA Track and Field (USATF) Winter National Cross Country Championship.

2. **DIVISIONS AND COURSE DISTANCES:** Armed Forces runners will compete in the Open Division. Distances are approximate, as finalized by host of the USATF sanctioned championship:

- a. Men's Long Course Competition: 12K
- b. Men's Short Course Competition: 4K
- c. Women's Competition: 8K

Note: A runner in the men's competition may participate in either the long or short races, but not both. All competitors must declare their intent to participate on their Service team roster at the organization meeting.

3. **SCORING:** Team standings are determined by adding the raw times of the top 3 men's long course finishers (from each team); the top 2 men's short course finishers (from each team); and the top 3 women finishers from each team. The team with the lowest total time wins.

4. **TIE BREAKER POLICY:** Time of first non-scorer for each team (Either the fourth male long course finisher; the third male short course finisher; or the fourth place finisher in the women's race).

6. **SCHEDULE OF EVENTS:**

Day One		Teams Arrive
	2000	Organizational Meeting
Day Two	0900-2000	Packet Pick-up
	1300-1700	Course Inspection
	1600-1730	Armed Forces Ice Breaker
	1900	Technical Meeting

Day Three	1215 1245	Men's Open 4K Women's Open 8K
Day Four	1115	Men's Open 12K Armed Forces Awards Ceremony (Conducted when times finalized by race organizing committee)
Day Five		Teams Depart

Note: Times and dates of events may change as determined by the competition organizers.

7. AWARDS:

a. Individual: Awards are given to the top three finishers in the men's long course, men's short course, and women's competitions.

b. Team Award: Individuals awards are given to each member of the first place team (to include the team trainer, OIC and Coach).

8. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP: Each service is allowed to enter the maximum number of competitors in each course event indicated in parenthesis. The event is open to all active duty personnel. Team points and awards will only be awarded to official Service Team members. Roster not to exceed 18 individuals:

- 6 Men (Long Course)
- 4 Men (Short Course)
- 5 Females
- 1 Coach
- 1 Certified Athletic Trainer
- 1 OIC

9. TEAM COMPOSITION - CISM: As follows or as dictated by host country invitation:

- 8 Men (Long Course)
- 4 Men (Short Course)
- 5 Women
- 1 Coach
- 1 Certified Athletic Trainer
- 1 Team Captain
- 1 Chief of Mission
- TOTAL: 21